

BEAUTY > SKINCARE

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Zap Stubborn Breakouts

Add one of these expert picks to your skin routine

BY NYKIA SPRADLEY PUBLISHED: MAR 26, 2024



IMAGE COURTESY OF THERABODY

Dealing with frequent breakouts can be a struggle. The upside? There are a number of hardworking treatment options available to combat them, and I'm not just talking about cleansers and serums. With consistent use, the best acne light therapy devices are another helpful solution that keeps skin in the clear.

Think of acne devices as the supporting cast in your treatment plan next to topicals. While the best acne light therapy devices are powerful enough to clear up breakouts,

board-certified dermatologist Mamina Turegano tells *Bazaar* that in the derm world, LED devices are considered to be lower on the treatment scale, but can still be effective when paired with an expert-approved acne skincare routine. "Topical and prescription treatments are first recommended. A good foundational skincare regimen is important, followed by evidence-based tried and true medications, whether over-the-counter or prescription." Turegano notes that light tools can also serve as an alternative treatment for those who cannot tolerate or don't respond well to conventional therapy like prescription topicals.

Shop the Best Acne Light Therapy Devices



BEST FOR TRAVEL

Skin Gym ZitLit LED Acne Fighting Stick

\$35 AT SKINGYMCO.COM

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EDITOR'S PICK

SolaWave Bye Acne Spot Treatment

\$69 AT AMAZON

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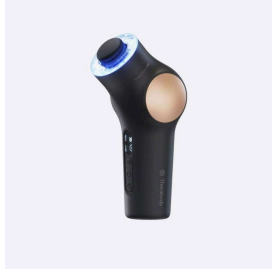


BEST FOR LIGHT THERAPY PATCH

FaceGym Acne Light Shot

\$90 AT SEPHORA

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So how exactly does a light work clear skin? "LED blue light, targets the acne-causing bacteria cutibacterium acnes. The bacterium C. acnes produces porphyrins. These proteins absorb light energy in the spectrum of blue light. This leads to a chemical reaction that essentially destroys the bacteria," she explains.

It's always best to chat with a dermatologist before starting a new skincare treatment. The efficacy of an acne light therapy device depends heavily on the type of acne you're looking to treat. "With mild acne, LED skincare can even be superior to many topical regimens, especially for those with sensitive skin who get easily irritated by standard medicines," Ellen Marmur, board-certified dermatologist, and founder of MMSkincare says. "For severe acne, LED tools and devices are additive to the skincare routine rather than a replacement," she adds.

Once you're ready to try one of the best acne light therapy devices, look to one of the following expert-recommended options below.

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BEST FOR TRAVEL

Skin Gym ZitLit LED Acne Fighting Stick



\$35 AT SKINGYMCO.COM

CREDIT: SKIN GYM

PROS	CONS
<div><div><div>⊕</div></div><div>Compact</div></div>	

This handy LED light nicely fits in your bag and combines red and blue lights for a zit-zapping effect that works in three minutes. And did we mention it's completely painless?

One satisfied customer writes: "Awesome product!! I love how slim and portable this is. Works great for the deep acne. This kills the bacteria growing inside and allows your body to heal it without it having to erupt! Easy to use and doesn't dry my skin out." —*Gloria*

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EDITOR'S PICK

SolaWave Bye Acne Spot Treatment



\$69 AT AMAZON

CREDIT: AMAZON

PROS	CONS
<div>⊕ Easy to use</div>	

The small but mighty SolaWave Bye Acne Spot packs enough power to treat a pimple in three minutes flat—we've tested it first-hand. It combines red and blue light treatments to clear pores while calming skin at the same time.

One satisfied customer writes: "I love how compact this product is it makes it really easy for me to travel with it and use it on the go. The packaging is great quality is amazing and I've noticed that it helps minimize blemishes after just a few uses." —
Jess

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BEST FOR LIGHT THERAPY PATCH

FaceGym Acne Light Shot



\$90 AT SEPHORA

CREDIT: SEPHORA

For breakouts that cover more than just a spot but not your entire face, try this Acne Light Shot from Face Gym. It comes with 60 medical-grade adhesive strips that'll stay put while treating and goggles to protect your eyes from any light sensitivity.

One satisfied customer writes: "This has been the only thing that has helped clear up my cheek acne. I also use retinol and low percentage benzoyl peroxide, but adding this has made a huge difference." —*Christiebelle*

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BEST FOR RECURRING ACNE

Foreo Espada 2 Plus



\$199 AT AMAZON

CREDIT: AMAZON

Foreo's handy Espada 2 Plus tool is perfect made for more targeted treatments. The tapered tip directs the light right to a specific blemish or spot where recurring

pimples pop up to kill bacteria beneath the skin's surface. The device also features ultrasonic vibration to stimulate cell turnover and get rid of scarring.

One satisfied customer writes: "The precise light guide itself is quite small (you get exactly what you see in the pictures), hence making it a perfect device to treat small, curved, and hard-to-reach areas like around the nose, or right below the eyebrow." — *Emily E.*

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BEST MULTITASKING TOOL

Therabody TheraFace Pro



\$399 AT THERABODY

CREDIT: THERABODY

Turegano recommends this eight-in-one device—one that *Bazaar* editors also love—which has detachable treatment heads to clear away pimples. It also helps bring

down inflammation, firm less than taut skin with its built-in microcurrent, and provides a nice facial massage at the same time.

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MOST VIRAL DEVICE

Dr. Dennis Gross Skincare DRx SpectraLite FaceWare Pro



\$455 AT SEPHORA

CREDIT: SEPHORA

This pick from Dr. Dennis Gross may look intense, but it's probably the closest to a professional facial that you'll get at home. The mask features 62 blue LED lights to treat and prevent acne-causing bacteria and 100 red LED lights to help minimize

acne scarring and boost collagen production. You can treat skin with each light shade individually or at the same time.

One satisfied customer writes: "Not only is this device user-friendly with its hands-free design and adjustable strap, but the impact on my skin has been remarkable. The combination of red and blue lights proved to be a dynamic duo in combating both wrinkles and acne. Surprisingly, within days, I noticed a visible reduction in new acne development, and over the course of two weeks, my mild hyperpigmentation from previous breakouts is beginning to fade." —*Victoria B.*

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BEST FOR BEGINNERS

Riki Miracle



NOW 14% OFF

\$90 AT [RIKILOVESRIKI.COM](https://www.rikilovesriki.com)

CREDIT: AMAZON

Consider this the LED version of your favorite hydrocolloid pimple patch. The device comes with sticky patches that help it adhere to skin. Each treatment is six minutes

long and emits blue and red light to kill bacteria and bring down inflammation. Plus, it has a rechargeable battery and a storage case to keep it clean.

One satisfied customer writes: "The results are noticeable immediately after one use. I have hormonal acne and this product has been my saver! It's very easy to use, and you don't have to stop what you're doing because it's hands-free. Love it!" — *Malena*

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BEST FOR MILD TO MODERATE ACNE

LightStim LightStim LightStim for Acne



\$169 AT BLUE MERCURY

CREDIT: BLUEMERCURY

Designed with a combo of 36 blue and red LEDs, Lightstim for Acne is best used to treat mild to moderate breakouts. The tool is also ideal for keeping your skin in the clear to prevent new acne from forming.

One satisfied customer writes: "Since the start of the pandemic, I've been getting really bad hormonal breakouts along my chin. I'm in my late 20's and never suffered acne like this before. It's been deep cystic pimples that would leave behind bad scarring. I've tried a few different products, and the LightStim has so far been the best." —*LAinLALA*

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BEST VALUE DEVICE

Light Activated Beauty Acne Light Therapy Patch



\$22 AT AMAZON

CREDIT: AMAZON

Lab's single blemish LED works similarly to other options on this list, except this one is under \$20 and works for 30 treatments before needing to be replaced.

One satisfied customer writes: "It's pretty great, and a single box lasts a long time. Used this on Friday, and woke up Saturday with clearer skin. I was skeptical, but the results were real!" —*Alex*

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BEST FOR LARGE SURFACE AREAS

Spa Sciences Claro Acne Treatment Light Therapy System



\$36 AT AMAZON

CREDIT: AMAZON

While several other tools on this list integrate both blue and red LEDs into one head, this option from Spa Sciences has separate treatment heads, each with a larger

surface area than most devices for a more concentrated treatment of either acne or the post-acne scarring that can come with it.

One satisfied customer writes: "I have been using this for a little over 2 months and my favorite part is the reduction of inflammation from the breakouts I have had. It definitely seems to reduce the redness and speed healing time!" —*Sandra*

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BEST FOR TREATING ACNE SCARS

MM Skincare MMSphere 2Go



\$395 AT [MMSKINCARE.COM](https://mmskincare.com)

CREDIT: MM SKINCARE

Marmur created this multi-purpose device to treat a range of skin concerns, including acne. The device features a full range of light wavelengths with different colors (blue, red, green, purple, and amber) to improve acne, prevent breakouts, and

reduce redness and acne scars. It's also portable so you can treat skin even while traveling.

One satisfied customer writes: "I had a friend today tell me my skin looked the best he'd seen it in ten years. After 6 weeks of using the Sphere, I'm never going to stop. Combined with the MMRepose serum I've found my scarring reduced, my skin consistently clearer and feeling more taut and bouncy." —*Duncan M.*

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BEST INFRARED ACNE DEVICE

Revive Light Therapy Glō Portable LED Light Therapy Device



\$79 AT NORDSTROM

CREDIT: NORDSTROM

In addition to bacteria-killing blue light, Revive's Glō device also featured infrared shades of deep red, red, and amber lights for more thorough inflammation reduction. Plus, the size of the tools makes for easy treatments while traveling.

One satisfied customer writes: "This is my new favorite skincare tool! I have used it every day for the past few weeks and I have noticed less acne and a reduction in my fine lines. I love that I can easily use this while I am working at my computer, and take this with me when I travel." —*Deborah P*

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BEST DUAL DEVICE

PMD Clean Acne



\$229 AT ULTA BEAUTY

PMD's Clean Acne device not only checks the cute box, but it fills the space of two tools in one. The silicone brush side uses sonic vibration to clear away grime and bacteria, and when flipped, the blue LED does the deep pore purging.

One satisfied customer writes: "I use it every night to clean my face and then use the blue light on my problem areas. Finally, I'm getting my healthy, clear, glowing skin back!" —*Alina*

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BEST FOR INFLAMMATION

Clear LED Mask



\$395 AT OMNILUX

CREDIT: OMNILUX

PROS	CONS
<div><div>⊕</div><div>Minimizes active acne, blemishes, redness and inflammation</div></div>	<div><div>⊗</div><div>Suggested use of four times a week for six weeks to see best results</div></div>

This device from Omnilux features a flexible silicone design that treats the entire face in one fell swoop. It contains 132 professional-grade LED lights to clear up acne and soften the appearance of post-breakout scars. The mask even has built-in eye shields to protect your eyes as you treat your skin.

One satisfied customer writes: "Omnilux is clearly doing its magic. I'm so excited to finally be acne-free for the first time in my entire life. This is coming from someone who tried everything on the planet since middle school." —*Zack*

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Meet the Experts

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- Mamina Turegano, M.D., F.A.A.D, is a triple board-certified dermatologist based in Metairie, Louisiana.
 - Ellen Marmur, M.D., is a board-certified dermatologist and founder of Marmur Medical and MMSkincare, based in New York City.

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